

Southeast District Health Department Summary

Counties	Average age	Education		Race / Ethnicity		
Johnson, Nemaha, Otoe, Pawnee and Richardson	40.5 years	H.S Grad / GED or Higher	83.9%	White,non-Hispanic	95.9%	(38,451)
Total population	Median income	College Grad	17.2%	Minority	4.1%	(1,627)
40,078	\$33,554					

Source: 2000 U.S. Census

Summary of Significant Differences (Compared to Nebraska)

- In the Southeast District, a significantly smaller proportion of adults were without a personal physician or health care provider.
- Compared to the state, rates for six indicators were significantly worse for the total adult population in the Southeast. District adults were significantly more likely to currently smoke cigarettes or be physically inactive. They were significantly less likely to have had their cholesterol level checked in the past five years or to have had a blood stool test in the past two years. They were also less likely to have rules prohibiting smoking in their homes or to know the meaning of “Five-a-Day.”
- Men in the Southeast District were significantly more likely than men statewide to have a personal physician. However, they were less likely to have had a current cholesterol check or to know what “Five-a-Day” means. In addition, a greater proportion of District men were physically inactive.
- Among women in the Southeast District, a significantly greater proportion engaged in moderate or vigorous physical activity, compared to women in Nebraska overall. However, rates for four indicators were significantly worse for women in this District. The proportion of women who currently smoke cigarettes and the proportion who have elevated blood cholesterol levels were both higher than state rates. Women in the Southeast were less likely to have had a routine checkup in the past year and were less likely to identify heart disease as the leading cause of death for women.

Health-Related Quality of Life

- Among Southeast District adults, 22.3% considered their general health “fair” or “poor.”
- Southeast adults rated their physical health as “not good” an average of 4.8 days in the past month.
- District respondents averaged 3.3 days in the past month when their mental health was “not good.”
- Poor physical or mental health prevented Southeast adults from participating in their usual activities an average of 5.2 days in the past 30 days.

Health Care Access

- One in eight Southeast District residents aged 18 to 64 years (12.7%) reported having no health care coverage.
- Among adults in this District, only 7.7% did not have a personal doctor or health care provider. This proportion is significantly lower than the statewide rate. Men in the Southeast District (10.1%) were also significantly less likely than men statewide to have no personal physician.
- Thirteen percent of adults in the Southeast (13.0%) stated that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care.
- Seven out of ten adults in the District (70.8%) reported visiting a doctor for a routine checkup within the past year. Women in the Southeast (80.4%) were significantly less likely than Nebraska women overall but significantly more likely than Southeast men (59.7%) to have had a checkup in the last twelve months.
- The average distance from respondents’ homes to the closest emergency room (ER) was 7.2 miles.
- In this District, the average distance to the ER at which respondents preferred to receive care was 12.5 miles.
- Six out of ten Southeast District adults (59.8%) reported no problems or barriers to getting medical care, other than cost.
- Among Southeast District residents who reported a problem getting medical care (other than cost), work (24.0%), long waits (15.4%), and not having insurance (17.9%) were mentioned most frequently.

- District residents most often cited a doctor (46.6%) as their primary source of information on health issues. Family or friends (10.9%) and the newspaper (12.5%) were also mentioned frequently.

Cardiovascular Disease

- Nearly one in ten Southeast District adults (9.7%) had ever been told they had a heart attack or stroke or that they have coronary heart disease.
- In this District, 31.3% of adults had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in the Southeast District were much more likely to identify cardiovascular disease (75.3%) than they were to identify stroke (42.4%) as something untreated high blood pressure can lead to.
- Compared to the state, a significantly smaller proportion of Southeast respondents (65.1%) had their cholesterol level checked during the last five years. Men in this District (58.3%) were also significantly less likely than men statewide to have had a cholesterol check in the past five years.
- Among District respondents who ever had their blood cholesterol level checked, 47.7% had been told it was high. Women in the Southeast (48.8%) were significantly more likely than Nebraska women overall to have high cholesterol.
- During the past year, 19.0% of District adults were certified to perform CPR.

Diabetes

- Among Southeast District residents, 9.4% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

Cancer Prevention

- Among Southeast District women aged 40 or older, 62.7% had a mammogram in the past two years.
- Compared to the state, a significantly lower proportion of adults aged 50 or older in this District (17.7%) had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older in the Southeast District (43.6%) reported ever having a colonoscopy or sigmoidoscopy.

Asthma

- Nearly one in ten adults in the Southeast District (9.5%) had ever been told they had asthma, while 6.7% currently have this disease.

Overweight and Obesity

- Nearly two-thirds of Southeast adults (65.0%) reported heights and weights that placed them in the "overweight or obese" category (Body Mass Index = 25 or higher). Those with a Body Mass Index of 30 or higher were classified as "obese"—27.7% in the Southeast District.

Tobacco Use

- A significantly higher percentage of Southeast Adults (27.3%) currently smokes cigarettes, either daily or on some days of the month, compared to the overall Nebraska rate. Women in this District (27.5%) were also significantly more likely than women statewide to currently smoke.
- Nearly one-fifth of adults in this District (19.4%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke).
- Among current smokers in the Southeast, 62.5% reported trying to quit smoking during the past year.
- Compared to the state, a significantly smaller proportion of adults in the Southeast (66.0%) said they have rules prohibiting smoking in their homes. Among Southeast adults who work indoors most of the time, 76.9% reported that their workplace's smoking policy did not permit smoking in any work areas.

Physical Activity and Sedentary Behaviors

- Compared to Nebraska, a significantly higher percentage of adults in the Southeast District (35.2%) did not engage in any leisure-time physical activity (outside of work) in the past 30 days. Men in this District (43.7%) were significantly more likely than men statewide to report being physically inactive.
- On the other hand, 52.5% of District respondents reported participating in physical activities that met the criteria for "moderate" or "vigorous" physical activity. Women in the Southeast (56.0%) reported a significantly greater rate of participation in this level of physical activity than women statewide.

- Among Southeast District adults aged 18 and older, 44.2% reported “excessive electronic sedentary behavior”; i.e., they engaged in television viewing (while sitting or lying down), video game system use, or computer use (outside of work or school) for three or more hours during an average day.

Nutrition

- Less than one-fourth of Southeast respondents (23.3%) consumed fruits and vegetables the recommended five or more times per day. Women in this District (32.4%) were significantly more likely than men (13.5%) to eat fruits and vegetables this frequently.
- About one-third of District adults (34.4%) were knowledgeable about what “Five-a-Day” means, with women (49.8%) significantly more likely than men (17.7%) to know what this phrase means. Men in this District were also significantly less likely than men statewide to be knowledgeable about “Five-a-Day.”
- One-fifth of District respondents (21.6%) reported consuming dairy products three or more times daily.
- On average, Southeast District adults ate food from restaurants or fast food shops 2.0 times per week.
- One-third of respondents (34.4%) rated foods at community events in the Southeast District as “always” or “almost always” healthy. However, more than one-half of respondents (56.2%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.”
- Only about one-fifth of respondents (21.5%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

Alcohol Consumption

- Nearly half of District adults (46.3%) drank at least one drink of alcohol in the past 30 days.

Injury

- One in nine adults in the Southeast (11.1%) said they had fallen in the past three months.
- The majority of District respondents (83.3%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car.
- Looking at households with a child aged 5 to 15 who rode a bicycle, 29.3% of adult respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding a bicycle.

Immunization

- Among Southeast District residents aged 18 and older, 34.7% got a flu vaccination during the past year.

Oral Health

- Two-thirds of District adults (67.2%) saw a dentist or visited a dental clinic in the past year.

Women’s Perceptions of Health Threats and Causes of Death

- More than one-third of women in the Southeast (36.3%) identified cancer as the leading health problem facing women today.
- Only 12.1% of women in the District consider heart disease or heart attack the leading health problem facing women today.
- A significantly smaller proportion of Southeast women (46.3%) identified heart disease/attack as the leading cause of death for all women, compared to Nebraska women overall.

Social Context

- Few Southeast District adults (4.2%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, 11.3% of Southeast District respondents reported it is “somewhat” or “very unsafe.”

Southeast District Health Department: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	
Health Related Quality of Life										
1. General health was 'fair' or 'poor'	430	22.3%	Non-Sig	159	23.0%	Non-Sig	271	21.7%	Non-Sig	No
2. Average number of days (in past month) that physical health was not good	416	4.8	Non-Sig	153	5.0	Non-Sig	263	4.7	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	420	3.3	Non-Sig	156	2.1	Non-Sig	264	4.4	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	203	5.2	Non-Sig	64	3.7	Non-Sig	139	6.3	Non-Sig	No
Health Care Access										
1. No health care coverage among adults 18-64 years old	294	12.7%	Non-Sig	115	13.9%	Non-Sig	179	11.5%	Non-Sig	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	430	7.7%	Lower	159	10.1%	Lower	271	5.5%	Non-Sig	No
3. Needed to see a doctor in past year but could not because of cost	429	13.0%	Non-Sig	159	14.1%	Non-Sig	270	12.0%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	418	70.8%	Non-Sig	155	59.7%	Non-Sig	263	80.4%	Lower	Yes
5. Average distance in miles from home to the ER closest to home	430	7.2	Non-Sig	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	418	12.5	Non-Sig	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	427	59.8%	Non-Sig	158	57.6%	Non-Sig	269	61.9%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
	Overall	174	1) Work (24.0%)		2) No Insurance (17.9%)		3) Long Wait (15.4%)		(Other= 20.6%)	
	Men	64	1) Work (30.4%)		2) No Insurance (16.8%)		3) Long Wait (14.9%)		(Other= 22.3%)	
	Women	110	1) No Insurance (19.0%)		2) Work (17.4%)		3) Long Wait (15.9%)		(Other= 18.8%)	
9. Primary source for getting information on health issues or illness										
	Overall	420	1) Doctor (46.6%)		2) Newspaper (12.5%)		3) Family/Friends (10.9%)		(Other= 3.5%)	
	Men	152	1) Doctor (40.4%)		2) Clinic (14.2%)		3) Newspaper (12.9%)		(Other= 2.9%)	
	Women	268	1) Doctor (52.2%)		2) Newspaper (12.1%)		3) Family/Friends (12.0%)		(Other= 4.0%)	

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	423	9.7%	Non-Sig	155	10.0%	Non-Sig	268	9.5%	Non-Sig	No
2. Ever told blood pressure was high	431	31.3%	Non-Sig	159	26.9%	Non-Sig	272	35.2%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	431	42.4%	Non-Sig	159	31.6%	Non-Sig	272	52.4%	Non-Sig	Yes
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	431	75.3%	Non-Sig	159	67.6%	Non-Sig	272	82.4%	Non-Sig	No
5. Had cholesterol checked during the past five years	425	65.1%	Lower	159	58.3%	Lower	266	71.5%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	357	47.7%	Non-Sig	133	46.5%	Non-Sig	224	48.8%	Higher	No
7. Were CPR certified during the past year	429	19.0%	Non-Sig	159	16.9%	Non-Sig	270	21.0%	Non-Sig	No
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	431	9.4%	Non-Sig	159	5.3%	Non-Sig	272	13.3%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	218	62.7%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	261	17.7%	Lower	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	264	43.6%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	431	9.5%	Non-Sig	159	8.1%	Non-Sig	272	10.8%	Non-Sig	No
2. Currently has asthma	431	6.7%	Non-Sig	159	4.5%	Non-Sig	272	8.6%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	409	65.0%	Non-Sig	157	69.8%	Non-Sig	252	60.2%	Non-Sig	No
2. Obese (BMI 30+)	409	27.7%	Non-Sig	157	30.2%	Non-Sig	252	25.3%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	427	27.3%	Higher	157	27.0%	Non-Sig	270	27.5%	Higher	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Tobacco Use, cont.</i>										
2. Former cigarette smoker	427	19.4%	Non-Sig	157	22.7%	Non-Sig	270	16.4%	Non-Sig	No
3. Current smokers who tried to quit during the past year	90	62.5%	Non-Sig	^	^	---	59	63.3%	Non-Sig	---
4. Smoking not allowed in home	429	66.0%	Lower	158	66.3%	Non-Sig	271	65.8%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	164	76.9%	Non-Sig	^	^	---	121	85.0%	Non-Sig	No
<i>Physical Activity and Sedentary Behaviors</i>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	429	35.2%	Higher	158	43.7%	Higher	271	27.3%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	383	52.5%	Non-Sig	138	48.4%	Non-Sig	245	56.0%	Higher	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	411	44.2%	Non-Sig	152	39.1%	Non-Sig	259	49.1%	Non-Sig	No
<i>Nutrition</i>										
1. Consumed fruits and vegetables five or more times per day	430	23.3%	Non-Sig	158	13.5%	Non-Sig	272	32.4%	Non-Sig	Yes
2. Knowledgeable about what '5 a day' means	430	34.4%	Lower	158	17.7%	Lower	272	49.8%	Non-Sig	Yes
3. Consumed dairy products three or more times per day	430	21.6%	Non-Sig	158	22.4%	Non-Sig	272	20.9%	Non-Sig	No
4. Average number of times per week ate food from restaurants or fast food shops	425	2.0	Non-Sig	157	2.3	Non-Sig	268	1.7	Non-Sig	No
5. Foods at community events were 'always' or 'almost always' healthy	429	34.4%	Non-Sig	157	37.0%	Non-Sig	272	32.0%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	423	56.2%	Non-Sig	156	52.5%	Non-Sig	267	59.6%	Non-Sig	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	422	21.5%	Non-Sig	155	13.8%	Non-Sig	267	28.5%	Non-Sig	No
<i>Alcohol Consumption</i>										
1. Consumed at least one drink of alcohol during the past 30 days	428	46.3%	Non-Sig	157	56.1%	Non-Sig	271	37.3%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Injury</i>										
1. Fell during the past three months	430	11.1%	Non-Sig	159	10.8%	Non-Sig	271	11.4%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	^	^	---	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	430	83.3%	Non-Sig	158	75.8%	Non-Sig	272	90.1%	Non-Sig	No
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	76	29.3%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	429	34.7%	Non-Sig	157	28.6%	Non-Sig	272	40.3%	Non-Sig	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	427	67.2%	Non-Sig	158	67.7%	Non-Sig	269	66.8%	Non-Sig	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	272	36.3%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	272	12.1%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	272	46.3%	Lower	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	431	4.2%	Non-Sig	159	4.0%	Non-Sig	272	4.3%	Non-Sig	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	424	11.3%	Non-Sig	155	7.1%	Non-Sig	269	15.1%	Non-Sig	No

^a Non-weighted sample size

^b Percentage weighted by health district, gender, and age

^c Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

[^] Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005